



GVMH Offers the Latest in Breast Cancer Diagnosis

A breast biopsy can be an unsettling experience. When the results are positive and further treatment is necessary, speed is of the essence. Even when the results are good news, the time spent waiting for the outcome is usually full of anxiety. At Golden Valley Memorial Hospital, we do everything we can to quicken the diagnosis and lessen a patient's worry.

State-of-the-Art Technology

When a suspicious lump is found, either by breast examination or mammography, a surgeon may recommend removal of all or part of the lump for further study. Stereotactic breast biopsy is a less-invasive alternative to a traditional lumpectomy, and helps determine whether further surgery is necessary. Stereotactic breast biopsies take a sample from a breast lesion or calcification using a small incision. Patients lie on a dedicated positioning table, and a vacuum-assisted needle is inserted at the site, guided by a three-dimensional X-ray. The surgeon is able to place a marker to plot the lesion and perform an accurate biopsy with two different coordinates.

Stereotactic breast biopsy is performed under local anesthesia, and according to Doug Walrath, director of Radiology at Golden Valley Memorial Hospital, can often be done in about 15 minutes. Because it is an outpatient procedure it is usually less expensive than lumpectomy, and patients can go home with little more than a bandage.



"We're making it easier for women to get the treatment that they need, quickly and effectively," Walrath says.

Expanding Services for Women

In the past, Golden Valley Memorial Hospital offered stereotactic breast biopsies once or twice per month when the mobile unit was available. Now, the newly remodeled stereotactic breast biopsy and mammography suite at the hospital will allow for more flexible and available scheduling.

"Patients with suspicious mammograms will no longer have to wait for the mobile unit to come around," Walrath says. "Less time waiting means less anxiety for our patients.

"Enhanced women's services are a key initiative at the hospital, and providing expanded biopsy services is part of that commitment."

The suite will be open Monday through Friday with regular office hours. Four registered mammography technologists and two surgeons will be available on-site to see patients.

"We're bringing state-of-the-art technology to our hospital. Along with our digital mammography, this is the next step in the detection and diagnosis of breast cancer for the women in our community," says Walrath. "There's probably not another hospital of our size in Missouri that has extended this service in-house."

Anyone in the community and outlying areas can be referred to the suite. For more information about stereotactic breast biopsy, see your primary care physician or call **660.890.7145**.

Offering Lymphedema Treatment Close to Home

The body's lymphatic system circulates protein-rich lymph fluid throughout the body, collecting bacteria, viruses and waste products as it goes. The wastes are then filtered out by lymphocytes (infection-fighting cells in the lymph nodes) and finally flushed out of the body.

Lymphedema is a condition that occurs when the lymph vessels are unable to adequately drain lymph fluid from a person's limbs. The greatest danger lymphedema poses comes from the risk of developing an uncontrolled infection in the affected limb.

What Causes Lymphedema?

According to Kisa Eye, CLT-LANA, physical therapist at Golden Valley Memorial Hospital, lymphedema can be either primary or secondary. "Primary lymphedema is a rare, inherited condition caused by problems with the development of lymph vessels in the body," says Eye. "Secondary lymphedema is much more common. Any condition or procedure that damages the lymph nodes or vessels can cause lymphedema." Examples include breast cancer surgery when armpit lymph nodes are removed, cardiac bypass surgery that uses vein grafts from the patient's legs, and radiation therapy.

"A feeling of tightness in your hands or feet may signal the onset of lymphedema," says Eye. She recommends an appointment with your primary care physician if you notice these symptoms or have any persistent swelling in your arms or legs. Your physician will first try to rule out other possible causes of the swelling, such as an infection, a blood clot or cardiac heart failure. If lymphedema is suspected, a referral for physical therapy may be needed.

Managing Symptoms through Treatment

Even though there isn't a cure for lymphedema, its symptoms can be managed. "Treatment focuses on minimizing the swelling and controlling the discomfort," explains Eye. After an initial assessment with each patient, Eye uses a combination of the following lymphedema treatments over a four- to six-week period.

Massage. A unique massage technique known as manual lymph drainage reroutes the lymph fluid out of a patient's arm or leg. Gentle hand strokes from the therapist move the fluid from affected limbs to healthy lymph nodes. Eye explains that massage also helps to soften the skin.

Compression bandaging. Bandages wrapped around affected limbs also encourage lymph fluid to flow out of the area and back toward the trunk of the body. Eye spends considerable time with patients showing them how to correctly wrap their limbs. She also helps fit them for long-term compression garments. These sleeves or stockings can be worn daily to help prevent limbs from swelling.

Skin care. Careful treatment of the skin on the affected limb is important to prevent cuts or other wounds where infections could begin.

Exercises. Light exercises that require use of the affected arm or leg encourage movement of the lymph fluid out of the area. Eye teaches her patients proper technique and follows up on their progress.

Benefits to Lymphedema Sufferers

Eye has been a certified lymphedema therapist for eight years and a physical therapist for 10 years. She identifies some key benefits that patients receive through lymphedema treatment:

- Affected limb returned to near normal size.
- Reduced discomfort associated with the swelling.
- Lower risk of infection.
- Protection and preservation of limbs.
- An improved cosmetic appearance.
- Ability to maintain an active lifestyle and conduct daily activities with ease.

"Our community has experienced a need for professional lymphedema treatment and care services for some time," says Craig Thompson, assistant administrator at GVMH. "We're very fortunate to offer this new service to the area with a physical therapist having the credentials Kisa brings to the table."

You don't have to travel far to benefit from our new lymphedema treatment services. Talk to your primary care physician about your symptoms first. To schedule a physical therapy appointment with Kisa Eye, call **660.890.7190**.



Kisa Eye, CLT-LANA, physical therapist at Golden Valley Memorial Hospital, with a patient.

Vein Problems?

Take Steps to Find Relief

Pam Crump assumed the painful, protruding veins on her legs were just a part of getting older. "I thought I was just going to have to live with it, but the pain started getting more concentrated," says Crump, Volunteer Services director at Golden Valley Memorial Hospital. "It got to the point where it was very uncomfortable to lay on my side."

But now the deep, heavy pain that kept Crump awake at night is gone. She had one leg treated with Golden Valley's TriVex™ System, and was so relieved by the procedure she's planning to have her other leg done.

Not Just a Cosmetic Problem

Crump was one of millions across the country who live with chronic vein problems. More than half of American women and 40% of men have vein problems – often in their legs.*

Many people, like Crump, assume vein problems are just part of the aging process and think they have to live with them. In some cases, treatments may not be available in their local community, as they are now at Golden Valley Memorial Hospital.

However, ignoring varicose veins is not the answer. Varicose veins often worsen over time and can lead to health problems such as skin ulcers and blood clots.* Whether you're concerned about health risks, your legs hurt or you just want to feel good about the way your legs look again, Golden Valley Memorial Hospital may be able to help.

The TriVex System helped Shelley Franklin find relief from the shooting, throbbing pain of a varicose vein when she walked. "I had heard of cosmetic vein treatments, but I felt vain looking into them,"

says Franklin, a coder at Golden Valley Medical-Clinton. "But when I learned about TriVex, I learned this isn't just about looking better. Bad veins not only hurt, they affect your health as well."

Franklin was hesitant at first because she had heard that vein treatments can be expensive. However, her treatment – and Crump's – was covered by insurance because they were not considered cosmetic. And looking back, both women would have TriVex again. "The procedure was a breeze," Franklin says. "I had no issues and my legs feel great."

Getting Help Isn't Vain

Don't assume that treating varicose veins is strictly a cosmetic procedure. The surgeon's staff will work with your insurance carrier to find out if your procedure is covered and get preapproval. Learn more by calling Golden Valley Memorial Hospital at **660.890.7300**.



Pam Crump (left) and Shelley Franklin achieved significant relief from vein problems with the TriVex System available at Golden Valley Memorial Hospital.

Golden Valley Offers the Latest in Vein Treatments

The TriVex™ System is a new procedure available to treat varicose vein problems at Golden Valley Memorial Hospital.

With TriVex, a surgeon uses the transilluminated system to see a problematic vein through the skin and remove it. TriVex is done under general or light anesthesia as an outpatient procedure that often takes less than an hour. Most people return to their normal activities within a few days.

The TriVex vein procedure is a new approach to the traditional treatment of varicose veins. "TriVex lets us treat large varicose veins with less pain and scarring," explains Becky Douthit, RN, Surgical Services. "Stripping a vein the old way could take multiple incisions because the surgeon has to search for the vein. The new way, with minimally invasive Trivex, lights the vein under the skin, allowing the surgeon to precisely remove veins in the lower leg using small holes or one small incision to treat the upper leg."

To learn more, please call **660.890.7300**.

* Source: National Women's Health Information Center.

Richard Woodland, DO

Golden Valley Welcomes Ear, Nose and Throat Specialist

Until now, local residents had to travel for treatment of their ear, nose and throat problems. But soon, those who require specialty care won't need to make a special trip. Effective July 1, Richard Woodland, DO, is joining the Golden Valley Medical Clinic in Clinton.

Dr. Woodland is an ear, nose and throat (ENT) specialist who comes to us fresh from his residency at Des Peres Hospital in St. Louis, and brings with him a range of experience with cutting-edge technology and procedures. His training gives him unique expertise in the treatment of problems related to the ears, nose and throat, including the sinuses, larynx (voice box) and oral cavity, as well as structures of the neck and face.

Specialty Care, Close to Home

More than 50% of all doctor visits relate to ear, nose or throat problems, according to the American Academy of Otolaryngology – Head and Neck Surgery, so Dr. Woodland's specialty services will benefit many residents,

from the very young to the very old. In fact, Dr. Woodland's services include treatment for chronic ear infections and tonsillectomies, which will help enhance the area's pediatric care.

Dr. Woodland's state-of-the-art facility in the Medical Plaza is furnished with the equipment to perform a variety of procedures. He also brings a wide range of skills to GVMH, including:

- Sinus surgery
- Nerve integrity monitoring
- Thyroid, parathyroid and salivary gland surgery
- Surgical treatment of head and neck cancers
- Facial plastic surgery
- Repair of facial fractures
- Correction for obstructive sleep apnea
- Surgery of the middle ear
- Allergy diagnosis and treatment

The office will also provide audiology services to assist with hearing testing and assessing balance problems with



Richard Woodland, DO

the videonystagmography (VNG) vestibular diagnostic system, which uses special video goggles with infrared cameras to record eye movement.

A Welcome Addition to the Community

Dr. Woodland originally hails from Idaho, but he and his wife, Sonya, and their four children are excited to join the Clinton community. To learn more about Dr. Woodland and his ENT practice, please call **660.890.8023**.

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